



December 29, 2009

FOR IMMEDIATE RELEASE

Contact: Veda McMullen

James City County Parks & Recreation

Phone: (757) 259-5415

Fax: (757) 259-5420

Email: [vmcmulle@james-city.va.us](mailto:vmcmulle@james-city.va.us)

## **James City County Parks and Recreation January 2010 News, Events, Classes & Activities**

### **Parks & Recreation Brochure Released Online**

The Winter/Spring 2010 James City County Parks and Recreation *Destination Recreation* Activity Brochure is now available! The brochure is available exclusively online at [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation), supporting the County's ongoing efforts to reduce paper use and printing and distribution costs. The brochure highlights classes, events and activities occurring between January and May. For those who need internet access, public computers are available at the Williamsburg Library, 515 Scotland Street and the James City County Library, 7770 Croaker Road. A special self-service kiosk is also available at the James City/Williamsburg Community Center, located next to the Front Desk. In-house-use copies are also available for preview at the Community Centers and the Satellite Services Office in Toano. Info: 259-3200.



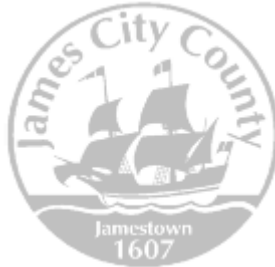
### **Parks & Recreation Web Site Redesigned**

If you haven't seen the Parks and Recreation web site lately, please visit our newly redesigned site at [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation). The updated site offers visitors easier navigation buttons and enhanced information on all parks and recreation services and forms. Some of the new features include a frequently asked questions link, more Parks and Recreation news and news links and more online comment cards and class evaluation surveys. To share your comments on any Parks and Recreation program, or on our redesigned site, log onto <http://www.jccegov.com/recreation/comment-card.html>.

### **Special & Family Events**

#### **Great Photography Contest**

Submit your winning photo for the cover of the Parks and Recreation Summer Activity Brochure! In honor of July 1s Parks and Recreation Month, we're seeking your great



photos taken in our parks, during our programs or within our facilities. It can be a picture of you or your family having fun participating in a leisure activity or program, of a visit to Kidsburg, of you or a friend catching your first fish or the thrill you had on the inflatable slide at Family Fun Fest. Use your imagination and have fun! Photos must be taken of locations within the boundaries of James City County. The deadline to submit photos is **Wednesday, February 10**. High-resolution digital files are preferred; please, no more than three entries a person. Details and procedure forms are available at the Community Centers, the Satellite Services Office in Toano, and online at [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

### Mark Your Calendar!!

#### Destination Recreation Expo, FREE!

Saturday, February 20, 9am-1pm

James City/Williamsburg Community Center

Come learn about all the recreational programs and services available to you and your family through James City County Parks and Recreation! We'll have games and activities to keep your children entertained while you gather information about summer



camp opportunities, sports classes and leagues, outdoor programs, aquatic programs, special events, County parks and facilities, Rec Connect, and inclusion programs. The Expo will be filled with fun demonstrations and exhibits, informational booths, interactive demonstrations and hands-on activities offering participants valuable information to make good decisions on nutrition and fitness. There will be other recreation providers present to share their information as well as representatives from all local athletic leagues. Come discover all that Parks and Recreation and our community partners have to offer! Info:

[www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

### Rec Connect - Summer Camp & Before/After School Programs

Current year registrations are still being accepted! The program runs through the last day of class for Williamsburg-James City County Schools. The Before/After program is offered at all elementary schools, Mon.-Fri., 7am until school starts and from school dismissal until 6pm. An After-School program only is offered at Berkeley and Toano Middle Schools. James Blair students are transported to Berkeley. Registration for Summer Camps 2010 and the Before and After School Program 2010 - 2011 begins

**Friday, February 5 for residents only.** \$35 initial registration fee for James City/Williamsburg residents plus weekly payment fees. All others can register February 12, non-residents fees apply. All Rec Connect registration forms, program information and fees are available for download at [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or call the Rec



Connect Info Line at 259-3170. Discounts of 15-75% are available to any qualified resident based on total income. 259-5416.

## Preschool

### **Byte Size Learning Computer Class** (ages 2 1/2 - 7)

#### **Ages 2 1/2 – 3:**

Fri., Jan. 8 – Feb. 26, 9-10am

\$95; \$90 for JC/W residents

James City/Williamsburg Community Center

#### **Ages: 3 -7:**

Fri. Jan. 8 – Feb. 26, 5:30-6:30pm

\$95; \$90 for JC/W residents

James City/Williamsburg Community Center

Surf, Explore, Discover...be a computer detective on a learning adventure to imaginative places such as the Email Trail or Internet Island! Help prepare your child with the skills they'll need for the future! No need for your child to ever have used a computer before this class. Computers provided. Info:

<http://www.bytesizelearningllc.com>, [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

### **Mommy and Me Ballet** (ages 3-5 with moms)

Mon., Jan. 4 – Feb. 8, 1:30-2:30pm

\$40; \$35 for JC/W residents

James City/Williamsburg Community Center

You and your little one will gain flexibility and learn the basic positions and steps of ballet alongside each another! A great way to get some exercise and introduce your child to the world of ballet. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

## Youth

### **Intro to Ballet** (ages 5-7)

Sun., Jan. 10 – Feb. 14, 1-2pm

\$40; \$35 for JC/W residents

James City/Williamsburg Community Center

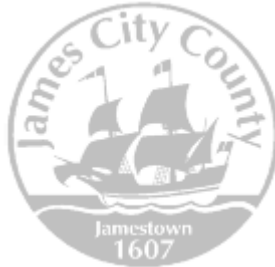
Children will be introduced to the basic positions and steps of ballet. This class is for children who have had little or no experience with ballet. Info:

[www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

### **English Country Dancing** (ages 6-18)

Thurs., Jan. 21 – Feb. 25, 3-4:30pm

\$30; \$25 for JC/W residents



### James City/Williamsburg Community Center

English Country Dancing was popular in the Renaissance and Colonial Times and is the predecessor of Modern Square Dancing and Contra Dancing. Students will learn basic steps, patterns and routines, while listening to period music and having fun at the same time! No experience or partner needed. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

#### **Ballet I (ages 7-9)**

Sun., Jan. 10 – Feb. 14, 2-3pm

\$40; \$35 for JC/W residents

James City/Williamsburg Community Center

Children will explore basic ballet positions at the barre and in center work in combinations. This class is for children who have had some exposure to ballet (or are super fast learners!). Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

#### **U Can Play, Too – Piano Lessons (ages 7-12)**

##### **Ages 7-9:**

Sat., Jan. 9-30, 9-10am

\$55; \$50 for JC/W residents

##### **Ages 10-12:**

Sat., Jan. 9-30, 10:15-11:15am

\$55; \$50 for JC/W residents

Piano & Organ Outlet, 6316 Richmond Road

Explore and play while learning the Alfred method on digital pianos. Your child will have a blast exploring their natural abilities at their own pace. Additional sessions in February and March. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

#### **Regency Lifestyle Craft Class (ages 12-18)**

Thurs., Jan. 21- Feb. 25, 1-3pm

\$25; \$20 for JC/W residents

James City/Williamsburg Community Center

Each participant will learn the skills needed to make freshwater pearl necklaces, silhouette portraits, paper fans, perfumes, sachets, and penmanship. Revive these lost arts and meet others who enjoy this lifestyle. \$25 materials fee due instructor. Additional sessions in March. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

### **Inclusion/Specialized Therapeutic Recreation**

#### **Buddy Art (ages 6+ with special needs), FREE!**

Sat., Jan. 30, 3-4pm



### James City/Williamsburg Community Center

This multimedia workshop helps participants experience all different types of art. Students will be assigned volunteer one-on-one volunteer Buddies from the College of William & Mary who will provide individualized attention and assistance. Offered in partnership with *This Century Art Gallery*. Additional sessions in March. Info: Karen Schwartz at 565-2795 or by email at [karenschwartzart@cox.net](mailto:karenschwartzart@cox.net). To learn more visit: [www.thiscenturyartgallery.org/BuddyArt/Buddy\\_Art.htm](http://www.thiscenturyartgallery.org/BuddyArt/Buddy_Art.htm).

### Adults/Special Interest

#### **Pottery** (ages 17+)

Mon., Jan. 4 – March 29, 6-8:30pm

\$105; \$100 for JC/W residents

James City/Williamsburg Community Center

Tue., Jan. 5 – March 30, 9:30am-noon

\$105; \$100 for JC/W residents

James City/Williamsburg Community Center

The class is appropriate to any level, from those who've never touched clay to those who want to improve their skills. Students will center, throw and trim earthenware clay; colorful food-safe glazes will complete the pieces. Student expenses will include \$10 for 25 pounds of clay and \$5-10 for glaze. Dress for a mess. Info:

[www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

#### **Bellydance – Figure 8's and Shimmies** (ages 13+)

Mon., Jan. 4 – 25, 7-8pm

\$40; \$35 for JC/W residents

James City/Williamsburg Community Center

Learn to sequentially move through muscle groups to create the shimie, undulations and "figure eight" movements that are so popular in bellydance. No previous dance experience is required. Min.5; max.15. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

#### **Beginning Oil Painting** (ages 16+)

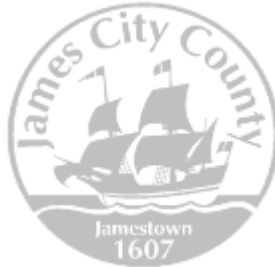
Thurs., Jan. 7- March 25, 1-3pm

\$130; \$125 for JC/W residents

James City/Williamsburg Community Center

If you've never picked up a brush or you want to brush up on the basics, this is the class for you! Students will receive individual instruction to begin a lifetime hobby. Students provide own supplies. For the list, call 220-3755. Info:

[www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.



**Oil Painting Intermediate** (ages 16+)

Tue., Jan. 5 – March 23, 1-3pm

\$130; \$125 for JC/W residents

James City/Williamsburg Community Center

Wed., Jan. 6- March 24, 10am-noon

\$130; \$125 for JC/W residents

James City/Williamsburg Community Center

This class is for participants who have some experience with oil painting. For a list of supplies, please call 220-3755. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

**Pastels** (ages 16+)

Wed., Jan. 6 – March 24, 1-3pm

\$130; \$125 for JC/W residents

James City/Williamsburg Community Center

Learn how to use this versatile and fun medium to create portraits and landscapes. For a list of supplies, call 220-3755. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

**Portrait Drawing** (ages 16+)

Thurs., Jan. 7 – March 25, 10am-noon

\$130; \$125 for JC/W residents

James City/Williamsburg Community Center

Learn the basics of drawing the human face and figure. Students must provide own supplies. For the list, call 220-3755. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

**Open Studio Time** (ages 17+)

Fri., Jan. 8 – March 26, 6-8pm

\$40; \$35 for JC/W residents

James City/Williamsburg Community Center

*Must be enrolled in a current pottery class to register.* Practice can make the difference in how you progress in pottery. Uninstructed, this open studio time allows students in the current pottery classes to continue work on pieces they have begun earlier in class. No access to a kiln. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

**Stress Release – Meditate and Create!** (ages 18+)

Mon., Jan. 11 – Feb. 15, 11am-12:30pm

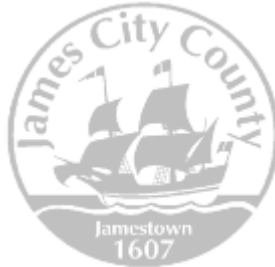
\$60; \$55 for JC/W residents

James City/Williamsburg Community Center

Mon., Jan. 11 – Feb. 15, 6:30-8pm

\$60; \$55 for JC/W residents

James City/Williamsburg Community Center



How often do you come to the end of a day and find that you're feeling tense and stressed? In this class, we'll use guided imagery meditation combined with carefully chosen music to learn how to relax. \$8 supply fee due to instructor the first day of class. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

**Creative Writing for the Timid Writer** (ages 18+)

Tue., Jan. 12 – March 2, 11am-12:30pm

\$70; \$65 for JC/W residents

James City/Williamsburg Community Center

Tue., Jan. 12 – March 2, 6:30-8pm

\$70; \$65 for JC/W residents

James City/Williamsburg Community Center

Whatever has kept you from writing, or whatever kind of writer you are or want to be, this class will guide you easily and without judgment through your creativeness.

Participants will be able to share class writings in order to encourage one another plus the instructor will provide gentle critiques. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

**Find Your Creative Self!** (ages 18+)

Thurs., Jan. 14 – March 4, 6:30-8pm

\$65; \$60 for JC/W residents

James City/Williamsburg Community Center

Even if you love art but think you're not "artistic," you'll be surprised that EVERYONE has a creative side that just needs to be encouraged and coached! In this class, participants will have the opportunity to explore and experience different ways to approach the creative self through various art mediums. \$12 supply fee due to instructor the first day of class Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

**Photography Basics** (ages 18+)

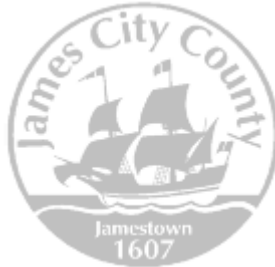
Thurs., Jan. 14, 6:30-9pm

\$30; \$25 for JC/W residents

James City/Williamsburg Community Center

Would you like to take better pictures with the camera you already have? Are you new to digital photography and have lots of questions? Learn the tips and tricks to using your camera such as how to focus, when to use the flash, and why composition is important. Bring your camera and owner's manual to class, along with a memory card and charged battery. \$5 materials fee due to instructor the first night of class. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.





### **Swing Dancing (ages 13+)**

Thurs., Jan. 21 – Feb. 25, 7:30-9pm

\$40; \$35 for JC/W residents

James City/Williamsburg Community Center

Come and enjoy this fun and nostalgic dance! Learn the basics of 6-count East Coast Swing Dancing, with easy-to-do turns. Wear comfortable, leather-soled shoes – no flip-flops or sandals. Partners encouraged, but not necessary. Info:

[www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

### **Posture Screenings, FREE!**

Thurs., Jan. 7, 6-8pm

James City/Williamsburg Community Center

We can evaluate your posture from head to toe and show you the proper ways to stand that can decrease abnormal wear and tear on the joints. Join Dr. Michelle Booth of Pinto Chiropractic and Rehabilitation as she provides posture screenings on the second Thursday of each month. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

### **Runner's Clinic, FREE!**

Tue., Jan. 12, 12:30pm

James City/Williamsburg Community Center

Learn how to get the most out of your running experience while maximizing your enjoyment, health, and (if you're interested) time goals. Local chiropractor Dr. Daniel Shaye with Performance Chiropractic has worked with world-class athletes, as well as the rest of us, and he has personally run over 27,000 miles. Info:

[www.performancechiropractic.com](http://www.performancechiropractic.com) or call Debbie Post at 259-5372. Must pre-register. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

## **Aquatics**

### **Learn To Swim Programs**

Open registration will be held Jan. 4 – 16. After you have successfully passed a class, you can register for the next level during this two-week open registration period. If you're unsure of your or your child's swimming needs or level, FREE swim evaluations will be held at the James City/Williamsburg Community Center, 4:30-6:30pm, on Wed., Jan. 13, 4:30-6:30pm. 259-4185.

### **Masters Swimming (ages 18+)**

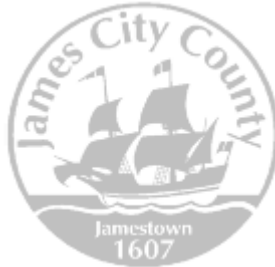
Mon/Wed/Fri, Jan. 18 – March 26, 6-7am

\$95; \$90 for JC/W residents

James City/Williamsburg Community Center

Looking to improve your swimming and endurance? Training for a triathlon? This program will provide training, but does not include competitions. If you plan to compete





with Masters Swimming, meet registration will be your own responsibility. A JCWCC Aquatic Swim Cap will be provided with registration. Info: 259-4185.

## **Fitness**

**Adult Group Fitness Classes** (ages 13+). Get in shape or stay in shape with a wide variety of land-and-water-based classes. Over 140 classes offered! Professional instruction! Access requires either a combo pass or wristband. Class schedules and fees are posted online at [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) and at the James City/Williamsburg Community Center Front Desk.

### **Arthritis Foundation Exercise Program - Level I**

Tue./Thurs., 11:15am

\$15; \$10 for JC/W residents

James City/Williamsburg Community Center

Promotes joint flexibility, muscular strength, endurance, coordination and range of motion. This chair-based class is ideal for anyone who needs a low intensity exercise program. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

### **Arthritis Foundation Exercise Program - Level II**

Mon./Fri, 11:05am

\$15; \$10 for JC/W residents

Designed to enhance your cardiovascular conditioning, range of motion, flexibility, muscular strength, endurance and coordination. The activities in this class are designed to accommodate someone with arthritis who wants to remain active. This class has a moderate intensity level. Info: [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or 259-3200.

**TO REGISTER:** Online at [www.jccEgov.com/recreation](http://www.jccEgov.com/recreation) or visit the James City/Williamsburg Community Center (JCWCC), 5301 Longhill Road, the James River Community Center (JRCC), 8901 Pocahontas Trail/Rt. 60 or the Satellite Services Office, 3127 Forge Road in Toano. By phone, please call the number located next to each entry or 887-5810, M-F, 2-8pm and on weekends, 1-6pm.

12/29/09